

# Strengths Inventory Worksheet



*Discover, Name, and Activate Your Unique Power*

Your unique combination of strengths is your superpower. This inventory will help you identify, understand, and leverage what you naturally do best. Remember: strengths aren't just what you're good at, they're the activities that energize you and feel authentic to who you are.

## PART 1: NATURAL TALENTS & ABILITIES

*Instructions: Reflect on the activities, skills, and areas where you naturally excel. Consider feedback you've received and moments when you felt most capable and energized.*

1. What activities do you find yourself naturally gravitating toward?

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2. What do others frequently ask for your help with?

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3. What skills or abilities do you have that feel effortless to you but might be challenging for others?

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4. When you were a child, what activities made you lose track of time?

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5. List 5-7 natural talents or abilities you possess:

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## PART 2: STRENGTHS IN ACTION

*Instructions: Think about times when you've used your strengths effectively. Focus on moments when you felt energized, authentic, and successful.*

1. Describe a recent situation where you felt most confident and capable:

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2. What strengths were you using?

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3. How did it feel to operate from your strengths?

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4. Three examples where your strengths made a positive impact:

Situation: -----

Situation: -----

Situation: -----

Strengths: -----

Strengths: -----

Strengths: -----

Impact: -----

Impact: -----

Impact: -----

# STRENGTHS INVENTORY WORKSHEET (continued)

5. What patterns do you notice in how you naturally approach challenges or opportunities?

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## PART 3: REFLECTION & INTEGRATION

*Instructions: Now that you've identified your strengths and seen them in action, let's integrate this knowledge for practical application.*

1. Looking at your responses above, what are your top 5 core strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. How do these strengths complement each other?

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3. Where in your current life (work, relationships, personal projects) are you:

Fully using your strengths:

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Underutilizing your strengths:

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4. What opportunities exist to leverage your strengths more effectively?

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5. What would change in your life if you operated from your strengths 80% of the time?

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## YOUR STRENGTHS STATEMENT

*Instructions: Create a powerful personal statement that captures your unique combination of strengths.*

Complete this statement:

"My unique superpower lies in my ability to \_\_\_\_\_

through my strengths of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

\_\_\_\_\_.

When I operate from these strengths, I feel \_\_\_\_\_ and create

impact by \_\_\_\_\_. I am most valuable when \_\_\_\_\_.

\_\_\_\_\_."

### Next Steps:

- Schedule time this week to apply one strength more intentionally
- Share this worksheet with a trusted friend or mentor for feedback
- Identify one area where I can delegate tasks that don't align with my strengths
- Set a monthly reminder to review and update my strengths awareness

